VISUAL SCHEDULE



A visual schedule helps players to know what is planned and what they are expected to do. This might reduce feelings of anxiety and might help players move from one activity to the next during the session. You could display the visual schedule on a whiteboard or flipchart. An example is provided below, as well as a blank template for you to create your own visual schedule.

Note: Marking the task as 'done' can help some players know when an activity is finished. To support this, you could ask players to tick each activity picture when it is finished.

EXAMPLE

9:00AM	GROUP TALK
9:05AM	WARM UP GAMES
9:10AM	ACTIVITIES
9:50AM	MINI MATCHES
10:00AM	HOME TIME

AllPlay Footy is a joint initiative by Monash University and the AFL. AllPlay Footy was founded at Deakin University in 2015 and has been part of Monash Education since 2021. The AllPlay Footy content and resources presented here are brought to you with funding from a Department of Social Services Information, Linkages and Capacity Building: Social and Community Participation Stream (2020-2024) grant

VISUAL SCHEDULE TEMPLATE

